Catherine Juhas  
1234 Midland Ave  
Philadelphia, PA 19136  
(215) 490-4360  
[cj54417@huskies.bloomu.edu](mailto:cj54417@huskies.bloomu.edu)

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David L. Soltz  
Carver Hall  
Bloomsburg University  
400 E. Second St.  
Bloomsburg, PA 17815-1301  
[president@bloomu.edu](mailto:president@bloomu.edu)

Dear President Soltz:

Hello, my name is Catherine Juhas and I am a graduate of Bloomsburg University of Pennsylvania with a degree in Nutrition. I have always dreamed of helping those live a healthy lifestyle, especially throughout college. I was hoping that you would kindly like to help me help the students of Bloomsburg University live a fit and healthy lifestyle.

Before you start to question I would like you to think of what it was like before you moved to college. During your early childhood/adolescent years your house was probably always filled with snacks and all sorts of unhealthy meal choices. After a stressful day of school you would probably pop open your freezer and take out the big bag of pizza rolls and pop open the cookie jar all at once not thinking of how it was effecting your health. When you’re an adolescent you don’t really stop to think of how it could affect you in the long run. Illnesses like obesity and diabetes don’t really run through your mind as your chowing down on those delicious ouey-gooey pizza rolls.

My goal is to make a change in colleges all over, but I need to start somewhere. I would love to stand up for the new students in college and help them make smart and healthy decisions throughout their college career. I hope with your help you can have places like the Rec and Food Services around campus talk up about living healthy.

Sincerely,

Catherine Juhas